

ABSTRACT

- Title:** The mutual relationship between fundamental motor skills and specific football skills in children aged 8 – 9 years.
- Aims:** The objectives were to determine the level of mutual relationship between fundamental motor skills and specific skills in football (ball control and beating an opponent in a one on one situation) in young football players aged 8-9 years and to simultaneously determine the current level of fundamental motor activity in the field of locomotive and manipulative movement skills.
- Methods:** During this research a movement measurement was used. The research participants were 29 football players from FK Neratovice-Byškovice in the U9 – U10 age group. Their average age was 9.0 ± 0.9 years. Using the TGMD-2 motor test, the level of the groups fundamental motor skills were determined and specific football skills were assessed in tests: slalom with the ball and beating an opponent in a one on one situation
- Results:** In the study, it was discovered that the standard score from the TGMD-2 test and beating an opponent in a one on one situation had a mean mutual dependence ($r = 0.5$, $R^2 = 25 \%$, $p < 0.05$), also confirmed by linear regression analysis. It was further found that there was a mean mutual linear correlation between ball control and the TGMD-2 ($r = 0.4$, $R^2 = 38 \%$, $p < 0.05$), also confirmed by linear regression analysis. The mean correlation was even found between specific football skills – ball control and beating an opponent in a one on one situation ($r = -0.48$, $R^2 = 44 \%$, $p < 0.05$). For basic motor skills, 15 (52%) of participants reached a level of at least 'average'. The results of this study showed the effect that fundamental levels of motor skills have on overall quality of football performance. From these results, motoric training focussing on the children's general motor skills is recommended, especially during young school age. The important knowledge for practical use is the fact, that increase of 1 point in TGMD-2 can lead to acceleration of dribbling by 0,4 s and 2,4 % of success in 1v1. As there are no other studies on the relationship between fundamental motor skills and one on one activities, this could be the theme of further research.
- Key words:** fundamental motor skills, specific sport skills, football, motoric test, young school age